



Matcha Panna Cotta



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



103 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons chia seeds
- ☐ 0.3 ounce gelatin powder plain
- ☐ 2 tablespoons matcha tea powder unsweetened green (tea powder; see Note)
- ☐ 100 g sugar

Equipment

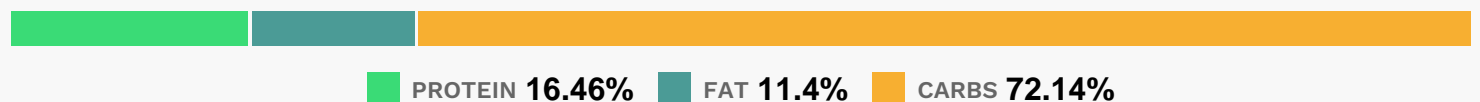
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

- ☐ whisk
- ☐ sieve

Directions

- ☐ Pour 1/2 cup (125ml) of the milk into a small bowl and sprinkle the gelatin on top. Set aside for 15 minutes to soften.
- ☐ In a large saucepan, combine the remaining 1/2 cup milk, the whipping cream, matcha, and 1/2 cup of the sugar. Scrape the seeds from the vanilla bean into the pan and add the empty pod. Bring the mixture to a simmer over medium heat, whisking until the sugar dissolves.
- ☐ Remove from the heat and let steep for 10 minutes.
- ☐ Strain the matcha mixture through a fine-mesh sieve into a medium bowl, then stir in the reserved gelatin mixture. When the matcha mixture has cooled, add the yogurt and stir to combine; set aside.
- ☐ Using a fork, mash the berries with the remaining 1 tablespoon sugar in a small bowl.
- ☐ Mix in the chia seeds, if using.
- ☐ Into the bottom of 6 small juice glasses or dessert wine glasses, spoon 1 tablespoon of the mashed berries. Slowly pour 1/2 cup (125ml) of the matcha mixture into each glass. Refrigerate for 3 to 6 hours, until set.
- ☐ Matcha can be quite expensive, so it makes sense to invest in one that you like and will use often. The Republic of Tea makes one called U Matcha in various flavors. Get the "natural" one, which has the most pure, sweet green tea leaf flavor. In addition to using it in this yummy panna cotta, I like having a cup of matcha to perk up after lunch.
- ☐ Calories 317Fat 19gsat 11gmono 5gpoly 2gProtein 10gCarbohydrates 33gFiber 3gCholesterol 67mgIron 0.5mgSodium 64mgPotassium 224mgCalcium 174mg
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Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:11.64, Inflammation Score:-3, Nutrition Score:2.0117391241795%

Nutrients (% of daily need)

Calories: 102.56kcal (5.13%), Fat: 1.28g (1.98%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 16.91g (6.15%), Sugar: 16.63g (18.48%), Cholesterol: 0mg (0%), Sodium: 3.12mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.35%), Iron: 1.23mg (6.83%), Manganese: 0.11mg (5.54%), Fiber: 1.38g (5.5%), Vitamin A: 252.16IU (5.04%), Selenium: 2.77µg (3.96%), Phosphorus: 34.86mg (3.49%), Magnesium: 13.66mg (3.41%), Copper: 0.06mg (3.18%), Calcium: 26.06mg (2.61%), Vitamin B3: 0.35mg (1.77%), Vitamin B1: 0.03mg (1.67%), Zinc: 0.19mg (1.24%)